Giordano Memorization System

The Giordano Memorization System is a new, modern, memory-development system.

The **Giordano Memorization System (GMS)** is a memory-development system which was created in 1990 by Vladimir Alekseyevich Kozarenko. Its practical basis applies principles of classic mnemonics with elements from the Giordano Bruno memorization system. The theoretical foundation of GMS is an original model of memory that was further developed on the basis of a modern conception of the quasi-holographic nature of the brain's work.

As new discoveries were made, the GMS system was tested and refined to the point where only the most effective memory techniques remained. GMS was made available to the English-speaking public for the first time in 2006 by the School of Phenomenal Memory.

The System

GMS is a new, modern memory development system. Different mnemonic techniques, derived from various systems of memorization around the world, have been systematized, refined, and integrated to become a master system which complies with three main criteria: simplicity, universality, and efficiency. "Simplicity" means that the methods of memorization are both straightforward and easy to master with respect to understanding the principles of their use. "Universality" means that the system can be used to memorize almost any type of information. Finally, the "efficiency" aspect guarantees that a practitioner will have full control over both the memorization process and storage of information in the brain.

GMS holds that different skills and abilities are required for a practitioner to truly be able to memorize efficiently. Understanding of the memorization techniques is developed through methodical mastering of each individual technique. Attention stability is developed through both a gradual increase in the amount of material memorized daily, as well as additional exercises meant for the development of attention span and visual thinking. Gaining meticulous control of nutrition, which influences not only the mind's ability to work but, also, a person's general health as well, is also addressed. Through a structured study course, students develop naturally all the skills and knowledge needed to achieve mastery of the system.

One of the most common misconceptions about practicing mnemonics is that it is easy to overload one's brain with too much information. The fatigue that can appear during in the process of mental exercises is not a result of having a memory overload but is, instead, due to the general weariness our bodies naturally feel after performing any action that requires a certain amount of effort and expenditure of energy. Because of this, the development of mental capacity, visualization ability, attention span, and physical health are central to the concept of GMS.

The Memorization Process

The process of memorization is divided into four stages:

1. Encoding the elements of information into visual images;
2. Memorizing the information;
3. Memorizing the sequence of information;
4. Fixation of the information in your brain.

Encoding Information

Any information message consists of elements. In order to connect elements of one information message, every such element has to be transformed into a visual image. Encoding information message elements into visual images is achieved through a number of encoding methods. (See "Encoding Techniques")

Encoding information into visual images does not equate to memorization. It is only a preliminary memorization stage. The encoding stage is the lengthiest and the most difficult of all the described memorization stages. Memorization speed depends on the speed of information encoding into visual images. The skill of encoding into visual images is trained and quickly becomes automatic in GMS.

Memorizing Associations

Memorization is the creation of connections between elements of one information message. First, a base for the association is selected. The remaining elements are then visually connected onto the association base.

Sequence Memorization

Once the associations are memorized, they need to be fixed in sequence. Otherwise, recall of all association would be impossible without outside stimulus (hints). Association sequence is fixed in two ways:

- Each association base is connected to an additional support image.
- An association base can be connected directly to another such base. This is called an information block.

An information block is a group of monotype data gathered “in a heap” and fixed upon one support image. Associations are connected directly in an information block.

When every association is connected to a support image, it becomes possible to remember all the memorized data without stimulus (hints, questions, etc...), and in the correct order.

Connection Fixation

Visual images are connected in the brain very quickly. A beginning standard of 6 seconds per connection is set forth. Such connections are also deconstructed quickly in the brain. To store information, the created connections need to be activated – intentionally processed in the imagination according to a specific system. This information fixation technique is called the “Active Repetition Method” in the Giordano Memorization System.(see “Information Fixation”)

After fixing information, the data will be stored in the brain. Information can be remembered not only consecutively, but selectively as well, without having to run through all information. Any question concerning the previously memorized data will act as a stimulus to help recall of the full association in the imagination.

Techniques

Encoding Techniques

Several different techniques are available for the encoding of information into images.

Creating Figurative Codes

Figurative Codes are images created to represent commonly-encountered data. Images for figurative codes need to be unique. Thus, once an image is selected for one figurative code, that image cannot be repeated in another code.

Figurative Codes for Numbers

The system of encoding numbers into images is based upon the following alpha-numeric code:

1	**N**	**6**	**JPX**
2	**THZ**	**7**	**SD**
3	**B**	**8**	**GQL**
4	**WVK**	**9**	**C**
5	**FR**	**0**	**M**

Using this code, any number can be turned into a word, and then into a visual image. For example, the number 25 is encoded as:
2/5 = THZ/FR.

A word would then be selected based of the possible combination of the first and second consonants. The consonants chosen should respectively be the first two consonants of the word:
THZ/FR = H/R = **H**a**R**e

Three-digit numbers are handled the same way. The number 457 is encoded in the following way:
4/5/7 = WVK/FR/SD = W/R/S = **W**i**R**e**S**

When a suitable word isn't found, three digit numbers can be split into two words, and adjective and a noun. The first consonant of the adjective is used, and the first two consonants of the noun are used. For example, the number 444 could be encoded as:
4/4/4 = WVK/WVK/WVK = W/W/W = **W**ood **W**a**V**e

Students of GMS begin by learning images for every two-digit number using special techniques. The process of transforming two- and three-digit numbers into visual images is lengthy and requires a lot of effort. This is why students use the “Figurative Codes Reference Book” that provides Figurative Codes for

every two- and three-digit number, letters of the English alphabet, months' names, and weekdays. This unique reference book is provided by School of Phenomenal Memory®. Created by Ruslans Mescerjakovs, founder of the School of Phenomenal Memory®, it is the only list of image codes for three-digit numbers offered in English today.

Figurative Codes for Months' Names

Figurative codes for months' names are chosen using either the Symbolization Method or the Connection to Familiar Information Method. Such figurative codes are used to memorize months' names in precise dates.

January	Champagne (January 31)
February	Polar Bear (National Polar Bear Day)
March	Easter Egg
April	Dew-drop (Thawing)
May	Civil War Memorial (Memorial Day)
June	American Flag (Flag Day)
July	Firework (Independence Day)
August	Mustard (National Mustard Day)
September	Protractor (School Starts)
October	Witch's Hat (Halloween)
November	Snowman (First Snow)
December	Christmas Tree

The presence of figurative codes for months in an association instantly allows understanding of what type of information is encoded in the image connection. If an association has the figurative code of a month, this is either a precise date, timetable, or a holiday.

Figurative Codes for Days of the Week

Weekday figurative codes are useful for memorizing different timetables and schedules.

Weekday figurative codes are chosen according to the well-known abbreviations: Mon., Tues., Wed., Thu., Fri., Sat., Sun. You need to choose any word that contains both consonants of an abbreviation.

Monday	**M**o**N**itor

Tuesday	**T**oa**S**ter
Wednesday	**W**oo**D**pile
Thursday	**TH**ermos
Friday	**FR**uit
Saturday	**ST**arfish
Sunday	**SN**owmobile

Figurative Codes for Alphabet Letters

Figurative codes for alphabet letters can be created to one's liking. The principle used to choose the appropriate words is very simple, simply choose a word that begins with the necessary letter.

A – Arch

B – Bear

V – Vampire

G – Gum

Phonetic Figurative Codes

Phonetic figurative codes are used for quick and very precise memorization of pronunciation of new foreign words.

Other Figurative Codes

Figurative code are central to memorization in GMS. Without knowledge of this system, memorization is much slower and more difficult.

There do exist other information elements, aside from the ones already described above, which should be made into figurative codes.
Any frequently encountered information message element should be made into a figurative code, to facilitate future memorization of that particular element.

A lawyer would need figurative codes for the most common judicial concepts. A chemist would need figurative codes for elements, compounds, and other chemical substances. For faster memorization of first and last names, appropriate figurative codes should be created for individual names.

Word Representation with an Image

When words are perceived, they automatically cause visual images to appear in the imagination, according to previously created associations. For example, understanding of the words “dog,” “crow,” or “match,” are based upon the corresponding pictures appearing as a reflex when they are perceived.

Images that appear are usually very weak, so weak that many people do not even comprehend that word understanding occurs as a result of visual images. Recognition of image representations is a skill developed in GMS.

A simple representation of images does not offer enough for proper memorization. Images that appear randomly in the imagination should be intentionally amplified and transformed to be better suited for memorization. An image should not be too simple nor too complex. Images must be large, three-dimensional, in color, and very detailed.

Symbolization

The symbolization technique is used to transform abstract words into visual images. An abstract word is a word that does not have a proper visual-sense.

Symbols are unique to each person. When asked, one person might picture a large house to represent 'wealth', while another might picture good friends. Any abstract words encountered during memorization need to be transformed into images based off of a person's unique interpretation of the word.

An image chosen to represent an abstract word needs to comply with the requirements for image selection. Images should be large, 3-dimensional, visualized in color, and in great detail.

Linking to Familiar Information

Often similar information can be viewed as 'easy' or 'difficult' to memorize. This is because of familiarity with the information. For example, meeting someone named 'Jordan' might cause a person to imagine a basketball. Meeting someone named 'Jhilthrect' might not cause a related visual image to appear, and this name would be considered more difficult to memorize.

This technique is used primarily to transform names and last names into images.

The method should be used only when a perceived element spontaneously causes an image to appear in the imagination. If no image appears, other techniques can be used.

Encoding by Consonance

Many names, terms, and foreign words are similar to the ones existing in one's native language, and can easily be represented visually. For example:

Factor – tractor;

Kami – camel;

Kubi – cube.

By remembering each image and pronouncing them inwardly, the sound of a new word, term, name, or concept can be easily remembered.

Creating a Word from Syllables

This is another vital technique of GMS, because it is used very frequently to transform names, concepts, or foreign words into visual images.

Any syllable can be developed into a word with a meaning, using the beginning, middle, or end of the word:

CAM – CAMel,

ISK - whISKer,

PAL – scalPAL.

As an example, suppose we need to transform the word MACHBASRUL into a visual image. First, we need to break it down into elements: MACH + BAS + RUL. Then, each syllable must be turned into a complete word: MACHine, BASket, RULer,

A base must be chosen for these elements – a big image, to which other association images will be connected. Let the “machine” (automobile) be the base. Two parts must be singled out in this case: gear-shift and glove-compartment. Create the following associations: a basket on the gear-shift, and a ruler in the glove-compartment.

Visualize the entire association: a MACHine with a BASket on the gear shift and a RULer inside the glove compartment. Now, MACHBASRUL has become easy to read via this association. The word is read through visual images.

Using this technique together with other memorization methods, it is easy to memorize dozens of new words each day. Most importantly, long-term storage of the memorized data is ensured, following the information fixation methods.

Encoding Sounds into Images

In order to consecutively memorize sounds of a new alphabet, sounds must be encoded into images. The chosen images must comply with two requirements. First, an image needs to be handy to memorize. Second, one part of each image must be pronounced as a corresponding alphabet sound.

Encoding Signs into Images

Signs are very easy to transform into images. Every part of a sign must be imagined as a three-dimensional image. If a sign is complex, it must be broken down into elements with each element represented as a three-dimensional image.

Memorization of any alphabet is actually a combination of memorizing the sound together with the sign.

The Distinctive Feature Technique

This method is used to memorize objects that are very similar in general contours and differ only in details. People, for example.

Selecting a distinctive feature allows remembrance of a particular person. Precise information about a person is linked to the distinctive feature: first and last name, address, phone number, automobile license plate number, etc. The method for selecting a distinctive feature depends on the situation.

Singling out a Distinctive Feature on a Photograph

A distinctive feature perceived simultaneously with a photo, is a natural association and, consequently, is memorized automatically. A distinctive feature on a photo can be anything: clothing elements, haircut, appearance defects, a similarity to someone else. Even an element of a background can be a distinctive feature.

Singling out a distinctive feature on a photograph can be useful for memorizing information about outstanding scientists, writers, musicians, or politicians.

Here is an example of singling out a distinctive feature on a photograph: A photo of a girl with a strange earring in her ear. In this case, the “earring” image can be chosen as a distinctive feature. When you examine the photo and pay attention to the distinctive feature you have found, your brain will automatically fix the connection between the distinctive feature and her face. Memorization is automatic in this case.

Analogical methods can be used to memorize a sequence of any group of pictures, including a sequence of illustrations in a study book.

A brief example of singling out a distinctive feature on an illustration is when you study a book about aquarium fish and need to memorize both the common and scientific names and the appearance of the fish. You need to choose a distinctive feature on an illustration. Say, a fish is photographed with an unusual shell in the background. In this case, this shell might be chosen as a distinctive feature; you can later connect the name(s) of the fish to this image.

Singling Out a Distinctive Feature of a Person You Know Well

Even if you know a person very well, you will probably need to memorize some additional information about them.

In this case, a distinctive feature is found on the basis of their job, hobbies, good or bad habits, idiosyncrasies, manner of walking, speaking, dressing, or their character traits. If your acquaintance is a police officer, you might associate him with his badge. If he collects stamps, his distinctive feature might be a magnifying glass.

Singling Out a Distinctive Feature of an Unknown Person Standing in Front of You

During the first meeting, a person usually relies on his memory; after a few minutes, he realizes that he has forgotten the name of the person he has just met. This situation is too common. If you know that you will be meeting someone new, try to look at this person and select a distinctive feature beforehand. By the

time he opens his mouth to introduce himself, an image should be ready in your brain. You will then connect your associations to the image you get from the name.

Have you ever wondered why it is only a name that is always forgotten? It seems that the information you have just received is automatically deleted. The truth is that a single word is not memorized, because it is a one-element information message; thus, the brain has nothing to connect it to. When you have prepared a distinctive feature in advance, you have what you need to create a connection - a name plus a distinctive feature.

Singling Out a Distinctive Feature of a Person Whose Image is Unfamiliar to You
In this case, you only need to memorize a person's last name and then single out the distinctive feature. If the last name is Wolf, then, obviously, the person can be represented with the image of a "Wolf." If a person's last name is McLoud, he can be marked with an image of a loudspeaker. If his last name is Jordan, he can be represented with an image of a basketball.

Singling Out a Distinctive Feature of an Interior
It is often enough to simply note an element of the interior where a person lives or works. Thus, in a dentist's office, it can be a special armchair. In a hospital, it is a window at the reception desk. Associations connect the data you need to the objects you have singled out. A distinctive feature in a room can be singled out when you need to memorize a phone number of an organization if the names of staff or a doctor are of no interest to you.

Singling Out a Distinctive Feature in a Car
It is often necessary to memorize a car's license plate number, for example, if you have witnessed a car accident, a hit-and-run, and want to provide information. All cars are similar; if you try to memorize the car's license plate number separately, without connecting it to anything, you will not be able to do so dependably (the brain forgets the information, because no connection has been created).

Singling out a distinctive feature will allow you not only to connect a number to it, but also to remember the car make - and even the driver's appearance.

Look inside the car and spot some gadget in it; drivers like to decorate their cars on the outside as well as on the inside.

The Information Compression Method

This method is used to encode short text extracts into visual images: anecdotes, encyclopedia data, or separate text paragraphs. With this method, large amounts of non-precise data can be 'compressed' into a few visual images. When precise data is present, the visual representations of this data can be included in the memorization process, keeping the original text intact.

Memorization Techniques

In GMS, images are always connected in pairs. The process of visually connecting two images activates the memorization process. Any connected image must be seen in large size, in detail, in color, and in three dimensions.

Connected images must touch each other, as if they have become one image. Other rules for connection depend on the method used for sequence memorization.

Chain Method

In the Chain Method, both images in the pair need to be the same size(large) in the imagined space. Image placement rules must be followed in order to retain the original sequence. The second image will always be placed on top of, to the right of, or piercing the first image.

The Chain Method is used to form short sequences of support images. The sequence of images can be fixed easily through multiple repetitions. The sequence is then used to form a system of support images, if combined with other sequence memorization techniques.

Russian Doll Method

In the Russian Doll method, the images are inserted into each other, like in the famous Russian Doll toy set, where a small doll is nestled in a medium-sized doll, both of which as then nestled into a larger doll. First, a detail of the first image is enlarged, and the second image is connected to the detail. In this case, both the detailed part of the first image and the second image should be viewed large in the mind.

The Russian Doll Method is used to memorize a sequence of several associations. Mono-type data is thus gathered to form one information block (a list of phone numbers, chronological tables, etc.) which is then fixed onto a stimulating support image.

Support Image Systems

For a GMS user, support images are the same as hard drive volume for a computer. Support images are information carriers, they hold information, in structured order, so that any information can be pulled up at any time, with or without external stimulus.

Support image systems can be divided into different sections. One image section will only be used for short-term memorization like training exercises or to demonstrate memory tricks. Other support images can be reserved for everyday information memorization (phone numbers, addresses, and so on). Yet another portion of images will be used to memorize educational information.

If you fix the necessary information on support images, such support images will not be available for repeated use. Otherwise, the data stored on them would be deleted. Conversely, a strict sequence of support images will make it possible to view the information fixed on them which, in its turn, will ensure the information storage in your brain.

A system of support images must be created in advance; it should be fixed by repeated remembering of its images several days in a row, until an automatic “paging through” of the images is achieved in your imagination. Support images are fixed well if you use them. Training exercises can be recorded multiple times on a newly formed support image system - for example, a sequence of two- and three-digit numbers. Every time you memorize new numbers, the previous ones will automatically be erased from the support images. By performing training exercises, you should not have to fix the memorized data in

your memory. You memorize the support images, recall them, and never go back to them. In this case, support images will automatically be cleared after about an hour.

The methods used to create support image systems are as follows:

Cicero Method

The Cicero method is based on natural associations, that is, connections which have been created in the brain naturally, during one's regular perception of interrelated visual images.

Since the connections between objects that are regularly perceived already exist in your brain, such connections do not need to be memorized.

In order to form support images using the Cicero method, a practitioner only needs to fix a sequence of familiar images in his memory. This is achieved by multiple repetitions of such data.

The Cicero method is used to form a system of support images. The support image system is formed via a combination of different sequence memorization techniques. The images selected with the Cicero Method are usually first-level images in the support image system.

Free Association Method

A person almost never perceives objects separately from each other. Most objects have constant interrelations that are automatically, reflexively fixed by the brain.

For instance, a teaspoon is normally connected with a cup. A cup is related with a saucer. A piece of cake is usually lying on a saucer. The image of a "cake" can cause an image of the box it was sold in to appear in imagination. This image will remind you of a shop-window that you saw it in, and so on.

The free association reception method is very easy. You only need to remember a sequence of images that have natural interrelations. This image sequence can be used as support (stimulating) images for information memorization.

Singling Out Parts of an Image

Practically all objects consist of parts. These parts are inevitably connected to the object itself. Further, these connections, if perceived regularly, are automatically fixed by the brain. Consequently, the method of singling out image parts is based on natural associations, that is, connections created naturally when one perceives an object. Any selected sub image must be represented separately and largely in imagination.

Parts of an image should always be singled out in the same order: left to right and top to bottom.

Images selected using this method are normally final images in the support image system. Associations encoding specific memorized data are directly connected to them.

Creation of a Support Image System

Let us examine several of the most common combinations used to form a system of support images.

The simplest variant. Create a support image system in your memory that only contains the objects selected using the “Cicero” method. If you form a sequence of 100 images, you can already begin training exercises. These images can be used multiple times to memorize words, numbers, letter combinations, and in other training exercises.

A combination of the Cicero method and the method of singling out image parts. If you select images more meticulously according to the instructions provided in the book, you will be able to single out 5 sub-images (image parts) from every image created using the Cicero method.

An example: Suppose one of your images is a refrigerator. Consecutively deconstruct this image in your imagination and imagine every part separately: bread compartment, fridge door, freezer, shelves, and fruit compartment.

If you do the same with each one of the 100 images you arrived at with the Cicero method, your head will contain a support image system that contains 500 elements. Consequently, your memory volume capacities will increase drastically because the volume of memorized information is only limited by the speed of creating connection and the presence of a sufficient number of support images in the memory.

The Cicero method + Well fixed sequence + Singling out image parts
You singled out 5 sub-images in every of the 100 images created with the Cicero method, so you have 500 support images. Now, link a short sequence of random images (containing only 5 images connected using the “Chain” method) to every of the 500 images and, in each of these new images, single out 5 more components.

Let us now calculate the number of support images we have. It seems that we now have 12 sets of 500 support images. Sure, it would be extremely difficult to create this amount of support images at once, so create them gradually. The main hurdle is that none of the support images should be repeated.

Active Repetition Method

Connections between visual images, created naturally when reading a text or intentionally by connecting images in imagination, are very quickly and spontaneously erased. To store them in the brain, the data must be repeated. The process of connecting multiple activations includes a mechanism for maintaining such connections so they can exist in the brain for a relatively long period of time. If the connections are regularly activated (at least one time in 6 weeks), they can be stored forever.

In GMS®, repetition is a process that differs from the usual definition of the word. People usually define “repetition” as a multiple perception of information. For example, reading a text or a list of phone numbers numerous times. The multiple perception process is absolutely useless with regard to sign information (that makes no visual images appear in the brain). No matter how many times you examine an array of random numbers containing only zeros and ones, this data will not be memorized.

In GMS® by saying “repetition,” we mean a process of multiple remembering (recollection) of information. Data can only be repeated by first remembering it.

You should note that GMS® repetition is not performed for memorization, but for the actual fixing of information in your brain.

An approximate repetition scheme:
After memorizing information using GMS® techniques, one must perform TEST REMEMBERING. If you memorized 30 phone numbers, they should be written down on a sheet of paper or recorded on a Dictaphone tape. Afterwards, the recorded information must be compared with the source information. This testing must always be performed to ensure that you are not making mistakes during the encoding stage and creating false connections.

If you have discovered an error or omitted part of information during test remembering, you should re-memorize the missing data until you have it correct and completely.

After the test remembering and error correction, you are certain that the information can be reproduced in full volume and without mistakes. It is only after this stage that you can begin fixing the information in the brain by repeating it multiple times.

Please note that, after the memorization stage, you cannot tell whether you remember the information or not because as is no information yet fixed in your brain. It is created by the brain in small amounts by the connections fixed by the memory process. That is why test remembering is absolutely necessary in every case. It is the only way to ensure that you have remembered all of the information correctly.

How often and after what period(s) of time should the memorized data be activated? There is no single answer to this question, as it depends on the complexity and the volume of the memorized data, as well as the memorization skill of a particular person. This is also influenced by your functional condition: obviously, if a person is ill, the memorization and the anamnesis processes are harder to perform.

We can only recommend an approximate temporary repetition scheme that goes as follows;

The first remembering should be done after 40-60 minutes following the memorization. It is during that timeframe that the connections created once are destroyed in electric memory.

The second remembering should be done after about three hours after the first.

The third is should be performed about 6 hours after that; the fourth should take place the next morning.

This number of repetitions is essential. Generally, the number of repetitions increases in proportion with the level of data complexity and the volume of information. The more often you remember the data, the better it is fixed in your brain.

Regardless, any new data must be remembered intensively within the first three to four days after the primary memorization.

After such connection fixation, data it can be stored for approximately six weeks in your brain even if you do not return to the information at all. After six weeks, the data will gradually start to erase.

This means that, for the lifetime storage, information should be remembered at least once every six

weeks.

If you memorize necessary information that is regularly used in a studying process or at work, the information usage will automatically retain it in your memory.

If you memorized potentially necessary, but seldom used information, such data needs to be regularly remembered in order to ensure its long-term storage in the brain.

Viewing Support Images and Association Bases in the Imagination

This repetition method is applied to the already fixed information and is used when you quickly need to repeat large volumes of data. Potentially important information that is not used within a six-week period should be repeated this way.

Support images are a sequence of auxiliary images that help fix an association sequence. Precise data is encoded in associations. An association base, a large image to which parts, medium images (association elements) are connected, is always distinguished in any association.

When you repeat information using this method, you should intentionally suppress internal pronunciation/inner speech with regard to the visual images. It is obligatory to see the support images and the association bases connected with them.

Suppressing inner pronunciation allows for a noteworthy increase in information viewing speed. 10 phone numbers can actually be seen in 5-10 seconds in your imagination. If you start saying them to yourself, the viewing speed will equal your speech speed.

Normally, reflex connections between images and words are so stable that a person finds it hard to distinguish activity of different analytical systems. However, different analytical systems can function separately from each other, even parallel to each other. Thus, a professional typist can chat to her friend on a phone while typing a text. She does not understand the meaning of what she is typing but, still, makes no mistakes. In this case, movement skill is completely automatic.

Visual and speech analyzers can also work independently. In order to suppress inner speech while we are remembering images, our speech analyzer has to be occupied. For instance, during image viewing, you can read a poem you know well or count out loud or to yourself. Your speech analyzer will not be able to name images and read a poem simultaneously. By doing this exercise, you will gradually learn to view images in complete silence.

If you have read works of Castaneda, you probably remember that Mexican magicians called such skill the “great silence.” By the “great silence,” they meant a person’s ability to think directly in images, when slow, clumsy, and often-erroneous speech thinking-pronunciation is completely blocked out.

When you study speed-reading, suppression of the inner speech is one of the most important methodical techniques. During speed reading, a book is perceived the same way as a movie. Eyes run through the pages, but only scenes and images flash in our imagination.

Repetition with Complete Decoding

Repetition with complete decoding is used during the memorized data fixation in the brain 3 to 4 days following the memorization.

Miscellaneous information is fixed as associations in the brain. Every association is fixed on an auxiliary support image. Repetition with complete decoding is similar to the following:

Suppose you have an image of a “can with medicines” representing a drug store fixed on a “door” support image. Images of “carpet,” “spider,” and “tea” are fixed with connections on different can parts. This is the telephone number of the drug store: 389-53-04. When activating this combination of visual images in your imagination, you also have to turn on your speech analyzer in order to translate several association images into an oral statement. In other words, when you remember this picture, you need to say: “A drug store – phone number: three hundred eighty nine, fifty three, zero four.”

Note that you should not give images common names. You have to see images in your imagination, but say NUMBERS out loud.

Particularly, terms and names that are memorized repeatedly require repetition with complete decoding. In these cases, if you remember wisent, condom, and sinker - you need not name these images, but remember the name of the state – Wisconsin.

Anamnesis is similar to reading a book in GMS®: the only difference is that you do not see a text; instead, you see pictures which represent certain information elements in your imagination. Information is literally “read” from the imagination, as if it were a book with illustrations and you know what each illustration stands for.

Inner Speech and Inner Drawing Techniques

Repetition using mental speech and mental drawing is used for the types of information that need to be fixed in the memory before becoming a reflex. These include various figurative codes, foreign words, and characters of a new alphabet.

What is the difference between imagining a visual image and mentally drawing it? When you imagine a visual image, it should be represented as: large, detailed, three-dimensional, and in color. Mental (inner) drawing involves an eye movement (motion memory). Imagine that you write something with chalk on a blackboard or with paint on a wall – this is roughly what mental drawing is.

You need to mentally draw unfamiliar signs, new foreign words the way they are written.

Reflex connections are created slowly and between different analytical systems.

To fix information on a reflex level is to create a reflex connection between different analytical systems, mainly between the visual, speech, and movement analyzers.

Fixing Figurative codes

Remember the “beer” image that represents number 35. Keep it in your imagination for some time. Slowly draw “35” on the image itself or in its background. Repeat the operation several times every day for 3 to 4

days.

As a result of simultaneously imagining the visual image and the corresponding eye movement, the brain will fix this connection. Later, when you remember the image of beer, it will automatically switch on your eye movement and draw “35” in your imagination. Meanwhile, it will seem to you that you automatically remembered the number.

Fixing Foreign Words

Remember an image that represents a Russian word. Say, an image of a house. Read image hints that represent sounds of the English language: “domino” - |dom| sound. Thanks to high inertness of the speech analyzer, you will be able to keep the pronunciation of |dom| in your conscience for a long time.

Then make several actions at once: imagine a house; mentally pronounce its name |dom|; and draw the way it is written: DOM. You will find this combination of processes to be fairly common in foreign language workbooks promising to teach you Spanish, French, English, etc. quite quickly; they involve reading, seeing, and writing. The more systems involved in making connection, the quicker the reflex recall will be developed.

As a result of repeated. one-time activation of nerve cells of three different analytical systems, a stable reflex connection will be created among them. Visual image – visual analyzer. Word pronunciation – speech analyzer. Word spelling and writing – movement analyzer.

Fixing New Signs

Remember to use an image that gives you a hint at the word pronunciation. Read an image from it that implies its spelling. Then, draw the sign in your imagination as you pronounce it out loud or to yourself.

If you need to store an image implying the pronunciation of the sign in your memory, you should draw and pronounce the sign in the background of this image.

Reflex connections take a long time to create. When you memorize foreign words, do not cheat yourself. If you memorized a word in the evening and got an “A” in the morning, this does not necessarily equate to true knowledge. If foreign words are not fixed on the reflex level, they will be completely forgotten. Then, you will only have a diploma left after a language course... thanks for the memories.

Capabilities of GMS

The system teaches how to accumulate hundreds and thousands of separate information messages (non-related phone numbers, historical dates, terms with their definitions, etc.) with a possibility of consecutive and instantaneous selective retrieval. The system guides you to find information that contains the same or similar elements in the brain, for instance, all dates related to one number.

One’s speed of memorization depends on how well each particular person is trained and upon the level of complexity of the information itself. When memorizing figurative codes (fixed images of two-digit numbers), it is easy to achieve an average speed of 3 seconds per two-digit number after just a short period of training. This means that the time required to memorize 100 two-digit numbers would be 5 minutes. A beginner’s standard for memorizing 100 two-digit numbers is 10 minutes (or 6 seconds per visual image).